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Let TIAA answer your questions

Call us at **800-842-2252**, weekdays, 8 a.m. to 10 p.m. and Saturday, 9 a.m. to 6 p.m. (ET).

Want to speak with an advisor at no extra cost?

Call **800-732-8353**, weekdays, 8 a.m. to 8 p.m. (ET), or schedule online at [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow).

Get the TIAA mobile app



TIAA makes it easy to manage your retirement account

Log in to [TIAA.org](https://www.tiaa.org) or the TIAA mobile app* to:

- Check your balances, along with your personal rate of return.
- Create and monitor goals to help keep you on track for retirement.
- Move money among your plan's investment options.
- Set up eDelivery, update personal information and manage communication preferences.
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- Use 360° Financial View to see your complete financial picture in one place.

Take your retirement planning to the next level at [TIAA.org](https://www.tiaa.org)

- View life-to-date or year-to-date contributions and change how future contributions are invested.
- Update beneficiaries and other personal information.
- Set up alerts for plan communications, including SMS.
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- Use the **Preparing for Retirement tool** to improve your retirement planning know-how and help bring your future into focus.
- Use the **Retirement Income Illustrator tool** to help you meet your retirement income goals.
- Reserve a spot at a live TIAA webinar.



* Not all features are available on all devices.

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